What is claimed is:

- 1 1. A method, comprising the steps of:
- a) having a cellular module respond to a cellular
 communication signal by providing a trigger pulse derived
 from the data component of the cellular communication signal;
 and
- b) directing the trigger pulse along a special hardware path
 leading from the cellular module to a user module;
 - wherein the special hardware path conducts the trigger pulse in such a way that the trigger pulse is provided to the user module substantially free of any significant random delays.
 - 2. The method of claim 1, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
 - 3. The method of claim 1, further comprising the step of identifying each new frame in the cellular communication signal, and wherein the trigger pulse is provided each time a new frame is identified.
- 4. The method of claim 1, further comprising the step of identifying each new time slot in the cellular communication signal, and wherein the trigger pulse is provided each time a new time slot is identified.
- 5. The method of claim 1, further comprising the step of identifying each new data bit in the cellular communication signal, and wherein the trigger pulse is provided each time a new data bit is identified.

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- 1 6. The method of claim 1, further comprising the step of having
- the user module respond to a global positioning system (GPS)
- 3 satellite navigation signal and also having the user module
- 4 respond to the stable frequency reference by using the stable
- frequency reference to stabilize the operation of a local clock.
 - An apparatus comprising:
 - a) a cellular module, responsive to a cellular communication signal, for providing a trigger pulse derived from the data component of the cellular communication signal;
 - b) a user module; and
 - c) a special hardware path, for conducting the trigger pulse from the cellular module to the user module in such a way that the trigger pulse is provided free of any significant random delays.
 - 8. The apparatus of claim 7, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
 - 9. The apparatus of claim 7, further comprising a frame counter, and wherein the trigger pulse is provided each time the frame counter indicates a new frame.
- 1 10. The apparatus of claim 7, further comprising a time slot 2 counter, and wherein the trigger pulse is provided each time the 3 time slot counter indicates a new time slot.
- 1 11. The apparatus of claim 7, further comprising a data bit
- 2 counter, and wherein the trigger pulse is provided each time the
- 3 data bit counter indicates a new data bit.

1 12. The apparatus of claim 7, wherein the apparatus is a global positioning system (GPS) receiver further comprising a GPS module including the frequency generation module, the GPS module also including a local oscillator, the GPS module responsive to the stable frequency reference and further responsive to a GPS satellite navigation signal.

13. A system comprising:

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- a) a cellular base station, for providing a cellular communication signal;
- b) a cellular module, responsive to the cellular communication signal, for providing a trigger pulse derived from the data component of the cellular communication signal;
- c) a user module; and
- d) a special hardware path, for conducting the trigger pulse from the cellular module to the user module in such a way that the trigger pulse is provided free of any significant random delays.
- 14. The system of claim 13, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
- 1 15. The system of claim 13, further comprising a frame counter,
- 2 and wherein the trigger pulse is provided each time the frame
- 3 counter indicates a new frame.
- 1 16. The system of claim 13, further comprising a time slot
- counter, and wherein the trigger pulse is provided each time the
- 3 time slot counter indicates a new time slot.

- 1 17. The system of claim 13, further comprising a data bit 2 counter, and wherein the trigger pulse is provided each time the
- 3 data bit counter indicates a new data bit.
- 1 18. The system of claim 13, wherein the system is a global
- 2 positioning system (GPS) receiver further comprising a GPS module
- 3 including the frequency generation module, the GPS module also
- 4 including a local oscillator, the GPS module responsive to the
- 5 stable frequency reference and further responsive to a GPS
- 6 satellite navigation signal.